

## AMENDMENTS TO THE CLAIMS

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. – 8 (Canceled)

9. (Currently Amended) A skipping rope ~~consisting of~~ comprising a length of flexible material with a handle swivellably mounted at each end thereof, wherein each handle is substantially T- shaped, and ~~consists of~~ includes an elongate portion attached to one end of the flexible material and a portion transverse thereto at its outer end, wherein the elongate portion extends between two digits, and wherein the transverse portion also has at least one surface with arcuate depressions placed to accommodate the user's fingers, and also has two sub-portions, one being of greater extent than the other, so that the handle is adapted to fit to a hand which is holding the handle by two fingers other than the second (middle) and third (ring) fingers.

10. (Currently Amended) ~~A~~ The skipping rope ~~consisting of~~ claim 9, a length of flexible material with a handle swivellably mounted at each end thereof, wherein each handle is substantially T- shaped, and ~~consists of an elongate portion attached to one end of the flexible material and a portion transverse thereto at its outer end, wherein the elongate portion extends between two digits, wherein the transverse portion also has at least one surface with arcuate depressions placed to accommodate the user's fingers, and also has two sub-portions, one being of greater extent than the other, so that the handle is adapted to fit to a hand which is holding the handle by two fingers other than the second (middle) and third (ring) fingers, and wherein the flexible material is attached to the elongate portion of each handle via a swivelling ball through which the end of the~~ flexible material rope passes.

11. (Currently Amended) ~~A~~ The skipping rope ~~consisting of~~ claim 10, a length of flexible material with a handle swivellably mounted at each end thereof, wherein each handle is substantially T- shaped, and ~~consists of an elongate portion attached to one end of the~~

~~flexible material and a portion transverse thereto at its outer end, wherein the elongate portion extends between two digits, wherein the transverse portion also has at least one surface with arcuate depressions placed to accommodate the user's fingers, and also has two sub-portions, one being of greater extent than the other, so that the handle is adapted to fit to a hand which is holding the handle by two fingers other than the second (middle) and third (ring) fingers, and wherein the elongate portion of each handle comprises a cup for receiving the ball and means to retain the ball within the cup.~~

12. (Currently Amended)    A-The skipping rope ~~consisting of claim 9, a length of flexible material with a handle swivellably mounted at each end thereof, wherein each handle is substantially T-shaped, and consists of an elongate portion attached to one end of the flexible material and a portion transverse thereto at its outer end, wherein the elongate portion extends between two digits, wherein the transverse portion also has at least one surface with arcuate depressions placed to accommodate the user's fingers, and also has two sub-portions, one being of greater extent than the other, so that the handle is adapted to fit to a hand which is holding the handle by two fingers other than the second (middle) and third (ring) fingers, and wherein each handle is a unitary plastic molding.~~

13. – 16. (Canceled)